

James Island Pool Schedule

June 30-
July 5

MONDAY		
	7:00 am – 9:00 am	JIST Practice
	9:00 am – 9:45 am	Water Fitness
	9:00 am – 10:30 am	Lessons
	10:30 am -1:00 pm	Special Groups
	1:00 pm – 4:00 pm	Rec Swim
	4:00 pm – 6:00 pm	JIST Practice
	6:00 pm – 7:30 pm	Lessons
	7:30 pm – 9:00 pm	Family Swim / 2 Lap lanes open
TUESDAY		
	7:00 am – 9:00 am	JIST Practice
	9:00 am – 10:30 am	Lessons
	10:30 am -1:00 pm	Special Groups
	1:00 pm – 4:00 pm	Rec Swim
	4:00 pm – 6:00 pm	JIST Practice
	6:00 pm – 7:30 pm	Lessons
	7:30 pm – 9:00 pm	Family Swim / 2 Lap lanes open
WEDNESDAY		
	7:00 am – 9:00 am	JIST Practice
	9:00 am – 9:45 am	Water Fitness
	9:00 am – 10:30 am	Lessons
	10:30 am -1:00 pm	Special Groups
	1:00 pm – 4:00 pm	Rec Swim
	4:00 pm – 6:00 pm	JIST Practice
	6:00 pm – 7:30 pm	Lessons
	7:30 pm – 9:00 pm	Family Swim / 2 Lap lanes open
THURSDAY		
	7:00 am – 9:00 am	JIST Practice
	9:00 am – 10:30 am	Lessons
	10:30 am -1:00 pm	Special Groups
	1:00 pm – 4:00 pm	Rec Swim
	4:00 pm – 6:00 pm	JIST Practice
	6:00 pm – 7:30 pm	Lessons
	7:30 pm – 9:00 pm	Family Swim / 2 Lap lanes open
FRIDAY		

Closed for July 4th Holiday

SATURDAY		
	12:00 pm – 4:00 pm	Lap Swim
	12:00 – 3:45 pm	Rec Swim